Seasons
Talk to your child about the kind of weather outside. Ask:
- “What should you wear outside today?” (swimsuit, coat, mittens, hat, sweater, etc.)
- “What is the name of the season we are having now?” (summer, winter, spring, fall)
- “What can you do outside this season?” (swim, build a snowman, pick flowers, rake leaves, etc.)

Feelie Bag Game
Put several objects, such as a comb, a toothbrush, a spoon, or a sock, in a paper bag or a pillowcase. Ask your child to put his or her hands in the bag and find a particular object by feeling for it.

Keep It Dry
Show your child how to wipe his or her nose properly. Place tissues in many locations around the house where they can be easily reached.

Snow Play
Play Follow the Leader in the snow by stepping in each other's footprints and hopping and jumping in the snow.

Valentine Collage
Cut a large heart shape out of red construction paper. Let your child decorate the heart by gluing on a variety of red items (lace, rickrack, ribbon, yarn, heart stickers, glitter, etc.).

What's Gone?
Place three or four objects on the table in front of your child. Ask your child to close his or her eyes. Remove one of the items and ask your child to name the object that disappeared. Take turns playing this game by encouraging your child to hide items when your eyes are closed.

Listen to Your Heartbeat
Let your child feel your heartbeat and his or her own heartbeat when you both are sitting quietly. Then do some jumping jacks together. What difference is felt? Help your child find his or her pulse.

Drawing Around Things
Give your child a plastic cup and have him or her trace around it with a finger. Now place the cup on a sheet of paper and let your child trace around it with a crayon or a pencil. Have fun making circles by tracing around cans and cups of different sizes. You can also trace around blocks and talk about squares.

Laundry Day
Let your child help you sort your clothes for washing. After the wash is done, encourage your youngster to sort the socks, towels, underwear, or shirts into different piles.

Popcorn Art
Make some popcorn. (While it's popping, talk about the sound it makes, how it smells, and how it tastes.) Let your child eat some of the popcorn. Then let him or her glue some popcorn to a sheet of colored paper to make a popcorn picture.

Tower of Fun
Build a tall tower with large blocks and let your child throw a ball or a beanbag to knock it down. Ask your child to rebuild the tower.

Manners
Teach your child some simple manners such as saying “please” and “thank you” and saying “excuse me” when sneezing, bumping into someone, or interrupting a conversation. Set a good example!

Muffin Sorting Cups
Place a different kind of small object (a penny, a button, a lima bean, etc.) in each cup of a muffin tin. Provide your child with a box containing several of each kind of the objects placed in the muffin tin. Encourage your child to sort the objects by placing them in the matching cups.

Seasonal Stories
Cut the picture pages out of an old nature-scene calendar. Collect twelve stickers of the same character, such as a teddy bear, and place one sticker on each page. Staple the pages together to make a book. Let your child tell you what the teddy bear is doing on each page.
Storytime
Let your child sit on your lap while you read a few picture books or poems together. Change your voice to fit the characters in the stories.

Television
Studies show that children between the ages of three and five spend an average of 55 hours each week watching television. Much of this viewing time includes commercials and programs intended for adults. It is important, therefore, that parents be selective in the programs that their young children watch.

- Search for programs that are designed for children. Examples of such programs include “Sesame Street,” “Barney and Friends,” “Mister Rogers’ Neighborhood,” or carefully selected children’s videos.
- Be sure to watch the shows that your child watches. Listen to the language that is used and look for violence and other things that might frighten your three-year-old.
- Set limits on the amount of time that your child watches television. Television can enlighten and educate children, but it can also promote passiveness. Young children have less opportunity to develop their language skills and be creative if they spend too much time sitting in front of the television.

Pink Sweetheart Pops
Combine 2 cups plain yogurt, 1 can (12 ounces) cranberry-apple juice concentrate, and 2 teaspoons vanilla. Pour the mixture into small paper cups and insert plastic spoons for handles. Chill in the freezer until set. Makes 8 to 10 pops.

Please Be My Valentine
Sung to: “The Farmer in the Dell”

Please be my valentine.
Please be my valentine.
I’ll be yours if you’ll be mine.
Please be my valentine.

Elizabeth McKimmon

Laugh at your mistakes and your child will learn to laugh at his or her mistakes too.

Totline® Fun

Just for Threes